



The Examen Prayer

This particular prayer is not a striving for self-perfection but, as Fr. George Aschenbrenner, SJ describes, is “an experience of faith of growing sensitivity to the unique, intimately special ways that God’s Spirit has of approaching and calling us”.

The Examen Prayer should be offered daily with the evening as a preferred time but not essential. What’s most important is its regularity and consistency. A time period of 10-15 minutes is sufficient.

The steps of the Examen Prayer are:

1. **Ask God for light**....The Examen Prayer is not simply a time to use our memory to review our day. It is a matter of allowing the Spirit to guide us and provide insight into our encounters with God throughout our day. We can trust that God who loves us wants to reveal all things that will allow us to grow in our awareness of Him in the circumstances of our day. It’s at the beginning of our prayer that we ask Him to give us the grace to see our day as He desires to reveal it.
2. **Give thanks**....The day that I have just lived has been a gift from God. We are called to give thanks not just in good circumstances, but in all circumstances.
3. **Review the day**....I look back on my day being guided by the Holy Spirit.
 - What did the Lord permit to happen to me today (Recognizing movements of my emotions)
 - How did I respond? (How did they affect me?)
4. **Contrition and Sorrow**...acknowledge any shortcomings and respond with a contrite and sorrowful heart. This is not the purpose of this exercise but a natural response to our failings.
5. **Resolution**....”Because of what you showed me today, Lord, tomorrow I will....”

“The greatest of our sins is that we do not recognize God who walks in our Garden.”
—Wilfrid Stinissen, OCD